

ABSTRACT

The Relationship Between E-Health Literacy Through Digital Media and Self-Care Management Behaviors Among Adults with Hypertension in the Working Area of Tirto 1 Public Health Center, Pekalongan Regency

Emmylia Muna, Dwi Fijianto

Background: Hypertension is a global health problem with a continuously increasing prevalence, including among adults. Hypertension management requires good self-care management behaviors to control blood pressure and prevent complications. E-health literacy plays an important role in utilizing health information through digital media. This study aimed to determine the relationship between e-health literacy through digital media and self-care management behaviors among adults with hypertension.

Methods: This study employed a descriptive correlational design with a cross-sectional approach. Data collection was conducted from March 9 to 29, 2026, in the working area of Tirto 1 Public Health Center, Pekalongan Regency. The sample consisted of 120 adults with hypertension selected using simple random sampling. Data were collected using the Indonesian eHealth Literacy Scale (I-eHEALS) and the Persian Hypertension Self-Management Questionnaire (PHSMQ). Data were analyzed using univariate and bivariate analyses with the Spearman's Rank correlation test.

Results: A total of 120 adults with hypertension met the inclusion criteria and participated as respondents. The results showed that the mean e-health literacy score was 24.35 (SD = 3.774), with a score range of 17–31. This mean score was close to the maximum score, indicating a tendency toward a high level of e-health literacy. Meanwhile, the mean self-care management score was 102.65 (SD = 13.457), with a score range of 66–125, which was also close to the maximum score and indicated a tendency toward good self-care management behaviors. The Spearman's Rank correlation test showed a p-value of 0.000 and a correlation coefficient (r) of 0.393, indicating a significant positive relationship with a weak correlation between e-health literacy and self-care management among adults with hypertension.

Conclusion: There was a significant relationship between e-health literacy through digital media and self-care management behaviors among adults with hypertension. Adults with hypertension are expected to utilize digital media as a means of improving e-health literacy to support self-care management behaviors in hypertension management.

Keywords: E-Health Literacy, Hypertension, Adults, Self-Care Management

References: 102 (2001–2026)

ABSTRAK

Hubungan *E-health literacy* melalui Media Digital dengan Perilaku *Self-care management* pada Pasien Hipertensi Usia Dewasa di Wilayah Kerja Puskesmas Tirta I Kabupaten Pekalongan

Emmylia Muna, Dwi Fijianto

Latar belakang: Hipertensi merupakan salah satu masalah kesehatan global dengan prevalensi yang terus meningkat, termasuk pada kelompok usia dewasa. Pengelolaan hipertensi memerlukan perilaku *self-care management* yang baik untuk mengendalikan tekanan darah dan mencegah komplikasi. *E-health literacy* berperan penting melalui pemanfaatan informasi kesehatan dari media digital. Penelitian ini bertujuan untuk mengetahui hubungan *e-health literacy* melalui media digital dengan perilaku *self-care management* pada pasien hipertensi usia dewasa.

Metode: Penelitian ini merupakan penelitian deskriptif korelasional dengan desain *cross sectional*. Pengambilan data dilaksanakan pada tanggal 9-29 Maret 2026 di wilayah kerja Puskesmas Tirta I Kabupaten Pekalongan. Sampel penelitian berjumlah 120 responden pasien hipertensi usia dewasa yang dipilih menggunakan teknik *simple random sampling*. Data dikumpulkan menggunakan kuesioner *Indonesian e-health literacy Scale (I-eHEALS)* dan *Perstan Hypertension Self Management Behaviour (PHSMQ)*. Analisis data dilakukan secara univariat dan bivariat menggunakan uji *Spearman Rank*.

Hasil: Sebanyak 120 pasien hipertensi usia dewasa memenuhi kriteria sebagai responden dalam penelitian ini. Hasil penelitian menunjukkan bahwa rata-rata skor *e-health literacy* sebesar 24,35 (SD = 3,774) dengan rentang skor 17–31. Nilai rata-rata tersebut mendekati skor maksimum, sehingga menunjukkan kecenderungan tingkat *e-health literacy* yang tinggi. Sementara itu, rata-rata skor *self-care management* sebesar 102,65 (SD = 13,457) dengan rentang skor 66–125, yang juga mendekati skor maksimum dan menunjukkan kecenderungan perilaku *self-care management* yang baik. Hasil uji korelasi *Spearman Rank* menunjukkan nilai *p value* = 0,000 dengan nilai koefisien korelasi (*r*) = 0,393, yang menunjukkan adanya hubungan positif dengan kekuatan hubungan lemah antara *e-health literacy* dan *self-care management* pada pasien hipertensi usia dewasa.

Simpulan: Terdapat hubungan signifikan antara *e-health literacy* melalui media digital dengan perilaku *self-care management* pada pasien hipertensi usia dewasa. Diharapkan pasien hipertensi usia dewasa dapat memanfaatkan media digital sebagai sarana meningkatkan *e-health literacy* guna mendukung perilaku *self-care management* dalam pengelolaan hipertensi.

Kata kunci: *E-health literacy*, Hipertensi, Pasien Dewasa, *Self-care management*
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